

Catherine Heather Garrow, MSW, LICSW, SUDPT, Recognized by America's Best in Medicine as Founder of Unbound Minds, PLLC

Supporting Healing, Resilience, and Emotional Well-Being Through Thoughtful, Evidence-Based Care



Kirkland, Washington Feb 11, 2026 (IssueWire.com) - Catherine Heather Garrow, MSW, LICSW, SUDPT, is a Licensed Independent Clinical Social Worker and the Founder of Unbound Minds, PLLC, a private practice based in Kirkland, Washington. With extensive experience in mental health therapy, Catherine specializes in cognitive-behavioral and trauma-focused approaches, offering compassionate

and effective care to a diverse range of clients, including children and youth with special needs, individuals from various socioeconomic backgrounds, and minority communities.

At Unbound Minds, PLLC, Catherine provides individual and group therapy through telehealth, making her services accessible to adolescents, adults, and families. Her therapeutic process is highly collaborative, allowing clients to actively participate in the development and implementation of their treatment plans. By utilizing solution-focused and trauma-informed modalities, Catherine addresses various mental health challenges, including PTSD, anxiety, and substance use disorders. Her practice emphasizes holistic care and measurable outcomes, ensuring that each client receives support tailored to their unique needs.

“Our work together will center around addressing the barriers that keep you from experiencing the happiness, hope, and peace you wish for,” says Catherine. “My counseling approach is tailored to each client’s needs—whether it is goal-based, theory-specific, or if you are simply in search of a supportive space.”

Catherine’s impressive background includes her previous role as an Emergency Room and Inpatient Social Worker at Evergreen Hospital, where she conducted biopsychosocial assessments, provided crisis intervention, and responded to urgent cases involving child abuse and intimate partner violence. In this capacity, she collaborated closely with medical and legal professionals to ensure patient safety and continuity of care while offering therapeutic support through individual and group sessions.

Before her time at Evergreen Hospital, Catherine worked as a Special Education Teacher and Social Worker with the Bellevue School District, where she designed social-emotional curricula for students with behavioral challenges. Her contributions to Individualized Education Plans (IEPs) and Behavior Intervention Plans (BIPs), along with her support for families through Head Start programs, underscore her commitment to fostering academic and emotional development.

Catherine holds a Master of Social Work from the University of Washington, graduating summa cum laude, as well as a Bachelor’s Degree in Psychology with a Minor in Sociology from Eastern Washington University at Bellevue Community College. She is an active member of the National Association of Social Workers (NASW) and the American Psychological Association (APA), showcasing her dedication to client-centered care, advocacy, and the promotion of mental health and well-being.

“Our gifts deserve the opportunity to be identified, acknowledged, exposed, and explored. Growth is our goal in counseling; healing and wellness are the path to get there. The feeling of being heard and validated helps to open up curiosity about what is happening within ourselves,” concludes Catherine. “My goal is to leave my clients with the knowledge and techniques to move forward.”

Learn more about Catherine Heather Garrow:

Through her America’s Best in Medicine profile, <https://americasbestinmedicine.com/connect/catherine-garrow> or through her website, <https://unboundminds.org/>

America’s Best in Medicine

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core purposes are to showcase excellence in healthcare, build trust between providers and the public, and ensure that expert voices are elevated and heard in shaping medicine. Through their platform, users can access a community of leaders, opportunities for providers to share expertise, and trusted guidance for patients and peers alike.

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